You are receiving Dr. Brimhall's Health Puzzle Piece newsletter either because you subscribed or have been subscribed to receive weekly health and wellness announcements. To unsubscribe go to the bottom of the page. **Please note:** Brimhall Health Puzzle Pieces are designed exclusively for practitioners not for patient distribution.

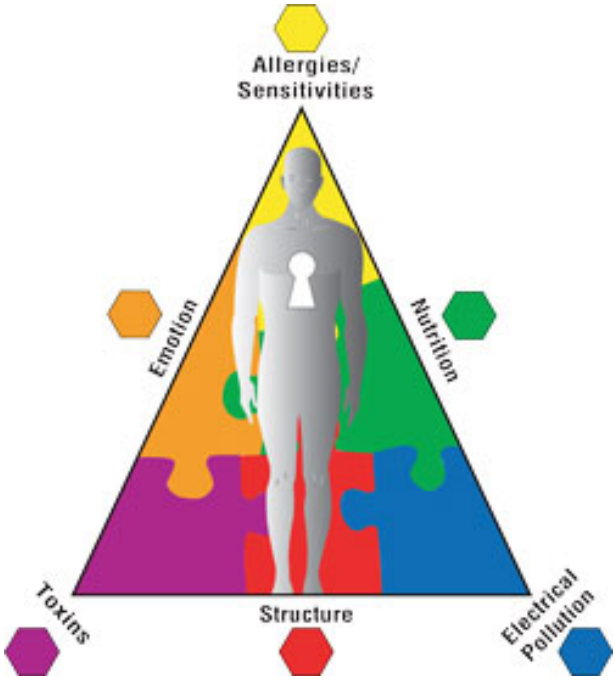
Dr. Brimhall's
One More Piece of the Puzzle
for Wellness

Dr. Brimhall's Health Puzzle Piece | **February 12, 2007**

TOXINS AND HEALTH – IS THERE REALLY A PROBLEM?

If one looks at the literature, it is very obvious that we are all loaded with pollutants and pathogens. There are hundreds of articles describing the increased body burden of heavy metals, pesticides, PCB's insecticides and much more.

It is estimated that everyone today has at least 40 neurotoxins and carcinogens in their blood and urine at all times. Studies show that almost everyone tested has significant levels of pathogens as well as at least marginal deficiencies of many vitamins and minerals. Contaminated soil, water and air are the norm world wide. The soils are depleted and crops are grown with artificial fertilizers. Further complications to our health come since the meats that are consumed are from animals that were given antibiotics and growth hormones to increase weight gain.



Almost no one today has enough Vitamin C, B, folic acid or D in their natural forms to enjoy optimal health. All parts of the **six interference** testing / evaluation and the **"Six Steps to Wellness"** for restoration are important. Concentrate on lowering the total body burden of toxins and pathogens.

Dr Richard Carlton Deth of Northeastern University, Department of Pharmaceutical Sciences in Boston has done extensive research on the D4-dopamine receptormediated phospholipid methylation and its role in psychiatric illnesses, regulation of methionine synthase activity and molecular recognition in protein coupling events. He has had special interest in Thimerosal as a vaccine additive and elevated mercury in children especially. He has shown a correlation to ADHD, autism, and schizophrenia associated with increased heavy metal toxins and faulty homocysteine methylation and recommends needed folate cycle nutrients.

In testing your patients do not fail to evaluate the need for Homocysteine Redux. Test for possible heavy metals and infections. Virx is especially helpful if a virus is suspected, Total Multimune for helping the immune system with bacteria, along with T. Bac-T. Test for Total Yeast and Total Para. Be sure and use Total Enzymes and Total Probiotics for digestion, assimilation and elimination.

Evaluate for heavy metals and use the appropriate Homeopathic if indicated, along with testing with the Total Scan for organ or system weaknesses that need nutritional support such as liver, pancreas, hormone support, small and large intestine, etc.

Use the Total Greens, Total Veggie or T Protect as a follow-up to any foot bath and use them as part of any nutritional detoxification. Both the Red and the Red/Violet lasers are helpful in your detox and re-building programs.

It is important we do not skip the basics. Follow the Six Step Protocol. Speaking of the basics, each patient must be drinking water all day to allow the nutrition and your treatment to do their job. If the patient is not urinating water throughout the day, they are not drinking enough water. Pop, coffee, tea and milk shakes are not water. Try washing your clothes with these liquids instead of water and see what happens.

Come and see us at one of our many seminars and take a look at the new Questionnaire and Lab Testing Capabilities.

Yours in Health and Wellness,
John W Brimhall, DC and the Wellness Team

NUTRI-WEST
A World Leader in
Pharmaceutical Grade Nutrition

ERCHONIA
The World's Leader in
Low Level Laser Technology

Brimhall Wellness
See Miracles Daily

Dr. Brimhall's Health Puzzle Piece is a weekly email newsletter distribution that has been brought to you by the collaborative efforts of the Brimhall Wellness Team. All newsletters are published and available at www.BrimhallPuzzlePiece.com a division of Health Path Products, LLC.

The above statements have not been evaluated by the FDA. The nutritional information, suggestions, and research provided are not intended to diagnose, treat, cure, or prevent disease and should not be used as a substitute for sound medical advice. Please see your health care professional in all matters pertaining to your physical health.